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## Cardiac Disability Maligns Upheaval

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### Abstract:

*Maintaining heart health enables human indulgence behind improvised contribution where participatory roles a mere interest of probe into impacts from coronary artery disease on structural-functional integrity of society that begins holistic difference. Research is mixed, exploratory, describes primary and secondary data more qualitatively. Interrelationships among cardiovascular system, social and cultural units are assessed since incapacitation upon indulgent members of innovative programs along with contribution will pose drawbacks. A collection of total 330 respondents of four areas include heart and coronary artery diseases of illiterate, literate, educated, skilled and intellectuals. Among them 30 are pilot and 300 post survey interviewees. A collection of total 330 patients in four areas includes heart and coronary artery diseases of illiterate, literate, educated, skilled and intellectuals. Among them 30 were pilot and 300 post study subject people. Again their 78.3% were literate, 64.8% interested in socio-cultural performances where 25% had involved whose participation 58.3% local residents ever demand since for previous contributions at 43.9%. Their works on various societal fields and prospective benefit which the said disease if onslaught would finish up where to human expertise were mainly conducive, and an aspiration by local people from them indicate probable societal gains during their inclusion but development lag instead. Present researcher regards actual transformation into systemic modification where societal process can meet culmination, rather mental and physical health must remain sound, social terms harmonized and culture cherished through a consistent interaction in mutuality.*

**Keywords:** Angina pectoris, Arrhythmia, Atherosclerosis, Ischemia, Myocardial Infarction

### 1. Introduction

The study particularly deals with a probe into cases of negative impact of coronary heart disease upon socio-cultural roles performed by its sufferers under a medical sociological perspective. It can become feasible along analyzing the negative impacts of CHD on the socio-cultural upheaval. To divulge the relationship between socio-cultural background, family environment, educational and intellectual caliber with the disability of heart disease patients is a trend before single alternative that helps tackle the social and cultural development related problems arisen by CHD in qualified citizens. Firstly an individual's coronary heart defect must come out as a focus of study in order for defining susceptibility of systemic combination of inter-linked social environment toward a novel emergence.

Despite several progresses in the curative and preventive therapies of coronary heart disorder, sudden cardiac death stood as a major public health problem around great nations. As Arking reports an estimated 80% of all sudden cardiac deaths are associated with all coronary artery diseases, 10–15% in the setting of cardiomyopathy and 5% occur in persons with myocarditis, coronary anomalies or ion channelopathies with an annual incidence of immature death that ranges from 50 to 100 per 100,000 in general population of the most developed country. Aside this clinical heterogeneity, a familial component to cardiac mortality risk has been demonstrated even after adjusting for traditional cardiovascular disease risk factors, a result suggesting that genetic factors are likely to play an important role (Arking, 2011). A genome-wide association study with follow-up genotyping into many additional subject victims is performable on ancestry of modern citizens to identify genetic variants while such an expedition can modify susceptibility to cardiac morbidity on a community ground.

The circulatory system inside a human body, when hindered by plaques composed of substances namely fat, lipid, sugar, pressure hormones, amino and uric acids salts, etc., into cardiac organ blood carrying such nutrients cannot reach. According to Clinic after the onset arterial blockage, heart defects will develop symptoms of angina pectoris or chest pain, atherosclerosis, ventricular arrhythmia, transient ischemia, and myocardial infarction being called heart attack (Clinic, 2010). This stage destined to victim's death if organ transplantation will not apply until a given date line. Community defines atherosclerosis is the hardening of coronary artery cared through stent implantation whereas arrhythmic and ischemic disorders happen due to irregular heart-beats indicative of scarce oxygen supply. The meager circulation may creep up to symptoms of tachycardia like breathlessness, palpitation, light headedness during an exercise sometimes detected with fever and hyperthyroidism but bradycardia, a state of heart rate below 60 beats per minute, is resulted from vigorous exercise out of the deficiency of thyroid hormones also show the symptom of fatigue, lowering the pulse rate, heart blockage and therein beta-blockers (Community, 2013).

According to Thomas and Dawber angina is treated with drugnitroglycerine, transient ischemia ranolazine, trimetazine, L-carnitine, ribose and dichloroacetate since jabs of orelizumab are to tryagainst diabetes after five years since itstrials turned avoider offuture attacks. Contrarily the oral drug prescribed for diabetes called Rosiglitazone, likewise risk factors, became causative to disorders (Thomas R. Dawber, 1951). The risk factors of heart are smoking, alcoholism, substance abuse, over-eating- thinking-reading, anxiety, depression, sedentary life, unrestricted habit, excessive electronic usage andagebe exceptionally malignant. Behavioral problem is attributive to health disorder when begun from consumption of harmful liquor as much, sometimes addictions. Khanal P. et al tells substance abuse is prevalent in youth and primary preventive approaches should be targeted at non-users, occasional users with those who have tried at least once by involving techniques such as group orientation and not aimed at individual level. Secondary preventive techniques such as early identification and treatment should be adopted for regular and heavy users( Khanal, pp.267-276). Preventive, curative and promotive programs should focus on drug abuse behavior and address all factors associated with the intakeof toxins to achieving desired result.According to Committee fatigue, dizziness, perspiration, strokes, shortness of breath, nausea, heavy feeling, chest squeezing, etc. become symptomatic at the primitive stage due to diabetes, blood pressure and exhaustiveness. The vulnerability is solved by life style changes such as habit and diet appropriation, regular walking, physiotherapy, timely check-up, weight controland consumption of fish oil or omega-3 capsules (Committee, 2006). Clinically is suggested all the patients that regular intake of antiplatelet drugs aspirin, clopidogrel, statin and niacin secure themfrom future strokes which juices of herbal plants aloe vera, bitter gourd, gourd and cucumber assist instead. Suitable prevention before cure about heart case under various discoveries from allopathy, homeopathy, naturopathy, physiotherapy, alternative therapy using several healings may assist blood flowing, while atherectomy and by-pass surgery are interventions against atherosclerotic blockage togetherwith. Such early precautions are most essential that instruct all live freely from coronary complexities and allied negativities. A society's candidate aloof from unhealthy heart and mindcan remain potent in co-operative actions for familial, social, cultural welfare to inherited capability unless gottenexcluded because of caste, creed, class, ethnic, tribal and communal identities. The fundamental element of socialization is peoples' communication which is produced by a web of interactive roles within an organization.Ritzer says the individual is relevant to society only to the extent that is one should intervene in communicative behavior or can be interpreted as participating in a relationship among human beings. The secret parts of one that are never communicated, or not understood as a communication by others, are not social. They are, instead, part of the environment which may disturb society( Ritzer,325 ).The more the quantity together with quality of manpower resources the sounder a system of life score manifests,through sustenance owing to a sole given combination of actors.

## 2. Methods

Where things ruin psychologically in the course of social research, the undertaken work must look for the subtlest dangers and guard against them asking to reveal deviances, attitude feelings are unpopular, personal characteristics that may seem demeaning, such as low income, the receipt of welfare payments etc. Babbie expounds that detailing ideas usually makes subjects happen at least uncomfortable. Social research should never injure the target people, regardless of whether they volunteer purposively. Perhaps the clearest instance of this norm in practice concerns the information that would embarrass subjects or endanger their privacy, friendships, jobs, and so forth. Social research projects may force participants to face their aspect that is not normally considered. This can happen again when the information is unrevealed directly to the researcher (Babbie, 2009, p. 65). The project, then can continue arousing individual's sentiment behind the same curiosity to learn which cherished ever before sole inquiry of a targeted. If the study concerns codes of ethical conduct, for example, the text may begin questioning anybody's own morality, and that personal concern may last long having later to the research completes. Forwarding suitable prevention before cure about heart case under various discoveries from allopathy, homeopathy, naturopathy, physiotherapy, alternative therapy using several healing types it may assist blood flowing, while atherectomy and by-pass surgery are interventions against circulatory blockage attributive to atherosclerotic complaints.

## 3. Results

Currently pilot and post data surveys were accomplished over Khagendra Rehabilitation center and Bayodaya Heart Centre, Tribhuvan University Teaching Hospital and Shahid Gangalal Heart Clinic within Kathmandu valley for 30 as well as 300 interviewees in respective manner. Among them patients included were belonging to both heart and coronary artery diseases being illiterate, literate, well- educated, then intellectual identities, all wanted in their localities for eligibility of talent and performance. They had borne with various skills including educational, technical, traditional, laborious, constructive, etc. which the abode has been good for the use onto the process of socio-cultural reform attributive of the transformation of any of these into empirical gain. The intended outcome behind those endeavours alone remains proportional to the caliber of thought, principle, idea, expertise and work stamina borne within any contributing candidate inclined for the ascension of structural mechanism by virtue of its excellence in function. The survey of the mentioned interviewees has portrayed that the people qualified with welfare capabilities are esteemed by their neighbouring dwellers in prospect that they would assist the society expedite the reformative program in order to fix up a magnificence. It has been understood by knowing an importance expressed in the words of local residents neighboring to patients treated at three study areas namely T.U. Teaching Hospital, BayodayaHeart Centre, ShahidGangalal Heart Center inside Kathmandu valley that most of those had been conducting much as per need of surrounding places. The post-survey data obtained in the field have been processed inside tables shown below.

		Frequency	Per-cent	Valid Per-cent	Cumulative Per-cent
Valid	Literate	49	16.3	17.2	17.2
	Illiterate	62	20.7	21.8	38.9
	Primary Level	23	7.7	8.1	47.0
	Lower Secondary Level	15	5.0	5.3	52.3
	Secondary Level	43	14.3	15.1	67.4
	College/Campus Level	53	17.7	18.6	86.0
	University Level	30	10.0	10.5	96.5
	Further qualification	10	3.3	3.5	100.0
	Total	285	95.0	100.0	
Missing	System	15	5.0		
Total		300	100.0		

Table 1: Educational status of respondents

Sources: Field Survey, 2013

The analysis shows literate and educated patients at school, college and university levels are higher than illiterates which differ between 78.3% and 20.7% respectively. Here literate patients vulnerable to coronary heart disorder confirms a validity that deep learning practice is negative on cardiovascular organs because of cerebral stress and strain effective to arterial functioning.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	yes	184	61.3	64.8	64.8
	no	100	33.3	35.2	100.0
	Total	284	94.7	100.0	
Missing	System	16	5.3		
Total		300	100.0		

Table 2: Interest in Cooperating Social as well as cultural activities

Sources: Field Survey, 2013

An interest shown by several educated patients proves they were inclined to perform in contributive participation for societal purpose at a greater percentage than those uninterested to a very significant level.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	yes	72	24.0	25.9	25.9
	no	205	68.3	73.7	99.6
	Total	278	92.7	100.0	
Missing	System	22	7.3		
Total		300	100.0		

Table 3: Involvement outside home

Sources: Field Survey, 2013

The socially approved candidates are found to indulge into extra-home activities when need came there up-to 25.9% as less compared with those in 73.7% of not been involved. The indulgent patients in program activities has proven their valid degree of majority.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	yes	154	51.3	58.3	58.3
	no	80	26.7	30.3	88.6
	don't know	30	10.0	11.4	100.0
	Total	264	88.0	100.0	
Missing	System	36	12.0		
Total		300	100.0		

Table 4: Local People's Interest to involvement

Sources: Field Survey, 2013

Local people have demanded an involvement of the heart patients in socio-cultural outreaches even under the disabled state known after a higher majority percentage of 58.3% compared to no and unknown interest levels up-to 30.3% and 11.4% respectively at significance.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	yes	123	41.0	43.9	43.9
	no	157	52.3	56.1	100.0
	Total	280	93.3	100.0	
Missing	System	20	6.7		
Total		300	100.0		

Table 5: Respondent's contribution in social and cultural activities  
Sources: Field Survey, 2013

The heart disease sufferers had contributed during their healthy life to social and cultural fields in a valid extent of 43.9% though not at 56.1% yet. Hence are understood having eligible qualification of talent to become during nice cardiac ability for surrounding developmental jobs.

#### 4. Discussion

All societies stand on structural-functional framework inherent of its constituent parts and each of these respond to the change and sometimes an equilibrium condition within the complex shows propensity toward cybernetic hierarchy of control. The more primitive form, characterized by mechanical solidarity, has an undifferentiated linkage of internal units, with least division of labor is the more modern form remaining imperfect inside social organism. The mobility of connective parts within a built-up mechanism may proceed development by positive and negative stimulus into systemic alterations in aspects of human life. The result is pronounced by virtue of roles exercised on behalf of its operational elements in their time for renovation of socio-cultural model with long prospect its member people already has borne there. As the means of developmental perspective will proceed unabated on certain target the position of integral blocks and extent of speed display societal growth with standard outcomes enriched later applying over there. All happenings are solely dependent on actual conglomerate of mechanical units respective of both persons and their peripheral world. A reformation for surrounding system, instead of its equilibrium state explains only an answer to the question where function by construction blocks inside so-called community will resemble some changeable process of entirety. The role model of dweller participants in one of the socio-cultural milieus responds to the expectable modification pattern of the built-in network of those interacting people, thus society is liable of self-rectifying toward the intended goal at correct position of previously capacitated aggregate, so the situation of oriented action results there. A change on the positive direction can often be pronounced after an involvement of role model concerning the complex whole is fulfilled sufficiently on behalf of its elementary parts in a course of active endeavors said on behalf of appropriate cooperatives, whatsoever. It is essential to have sociality provided with able contributors in many specific sectors related to adeptness from bodily and mental sides of action matched with health since accomplishment is meaningful for survived periphery but with well hygiene and physiology. Admitted to a condition the organ needs soundness and safety against any incapacitated form where does though are prone to plunge into development crusade do not comply to the laborious task pinpoints herewith an accepted principle. An implication behind an already held controversy is the combination of sense organ, heart and body should remain conducive just as significant the socio-cultural architecture should remain whichever will prove its validity about a definite routine for operational step amidst the web of interaction. The assertion is inexorable that connection of individual activity has consequent but meaning with the social dynamism along its diverse inspirations after attempted actions. Turner describes if cognitive motives are strong and likely values more salient, their role will be primarily instrumental, although it will also have expressive and moral content. The various combinations and permutations of the modes of inclining motives and values produce action geared in one of these general directions. Thus unit acts involve motivation means and value orientations along a general direction as a consequence of what combination of the duo prevails for actors. Every collective endeavor mainly toward high interest fulfillment through various outreach sectors is considered as the strategic march over a track of building welfare state through consecutive deeds. Many useful fields of talent possessed of available members enable to expedite different aspects of social, cultural, political, academic, scientific, aesthetic, literary, economic grandeurs meant essentially preponderant before the take-off about progress. There does not arise a question whether the importance of adept skills prevail in regards of conglomerate reform phenomenon with a given solidarity of holistic structure prone to operative direction. Thereby the certain ability within a given mechanical system plays vitally, describes some decent architecture so translated into practice regarding some restructuration. Building architecture is a term with several connotations which have multi-faceted outcomes, including expanded economic productivity, increased equity in the distribution of resources, enhanced self-reliance, self-determination of many degrees, and wider optional freedoms for members of abiding regions. This concept about construction of living community dares solve societal predicaments become promoted a series of outcomes. Many impediments are systems of self-reinforcing difficulties, so single institutions often do not have the resources necessitating the solution, but bridging institutions that unite diverse organizations may accomplish what is impossible for workers left apart. Such bridging institutions are difficult to create and maintain because of unsupported projects from government and foreign agencies in need of social innovation within a developing country (Khandwalla, 1998, p. 70). Innovation oriented private voluntary organizations are examples of one form of bridging institutions. Their experience can make such an organization particularly suited to work with development partnerships that bring together deviant agencies like private, public, non-governmental to solve complex developmental problems. For the purpose of whole amelioration a homogeneity of surrounding improvisation compatible to the rule of activities in view of a chain of human relationship matters a basis at undertaking. Ashley and Orenstein say individuals are both objects and subjects within a network of communicative ways for interaction. They have an impulse to be self-fulfilling or to be self-completing, that is, they seek an

integrated self-concept. Similarly, society itself tends to gravitate toward the means to its own integration. However, the integrity of the individuals and the integrity of society are often in opposition (David Ashley, 2007, p. 268). Saying expedition of project always awaits motivation on human relationships amidst peripheral elements needed of positional as well as dynamic feats, on the way capacities of the same could be acted upon to edify welfare society. But it conditions a splendid interactive tendencies involved with either language or physical movement amongst certain denizens after which is admired the smooth duty aimed at an environmental cultivation. Scott cites a form of social behaviorism in the social-psychology is symbolic interactionism that stresses linguistic and gestural communication, according to sociologists Charles H. Cooley, W. I. Thomas, Florian Znaniecki, Kimball Young, Herbert Blumer, et al especially the role of language in the formation of the mind, the self, and society (Dictionary of Sociology p. 430). Persons' wellness suffices to incorporate some attributions into positive outcomes when active performances attain a main aim conforming to uplift of their adaptive milieu. As talking of heart a case in point the syndrome connected with individuals, surroundings, ongoing activities and impacts are acceptable like a major part for attention otherwise prevalence of the health deformity creates lacuna in feasibility of an outreach. An implicit becomes machinery control under good functioning of physical parts reliant on heart wellness together with the coherence among systemic elements, hence the basis mobility of surrounding resources occurs.

## 5. Conclusion

Patients at primary, medium and last stage of heart who were found under pilot and post surveys wanted to serve an aggregate majority just soon they would become aware of the disease. Nevertheless almost all had a varying eligibility of talents otherwise aspirations concerned with music, humanitarian duty, reformation task, religious and spiritual rites, literature, heart care, area suited cooperation, socio-cultural functions, educational facility, leadership quality, etc., and they eventually chose the same respective platform to play present as well as future roles when allowed by physical condition. Because of their past period indulgence in all these sectors and present disability of performance for the chronic stage, utility of the most have been realized by local people on the occasions and performances like annual festivals, song, dance and drama, development construction, organizational programs, health service and gifts about literary elegance furthermore. Nevertheless the worker type of victims, though can't reach the platform still suggest vulnerable ones that heart should be protected sooner in order to remain capable but contribute greatness aimed at obtaining socio-cultural nexus. Hence the lack of essential action in the surrounding system due to disability after heart problem in qualified, talented and intellectual types of people has signaled a sudden negative impact out of socio-cultural stagnation because of meager contributive excellence along thriven medium inside efficient doers quite near instant. A lot of things concur at the stance that united action which may produce a bulk of holistic innovation defines mere significance of health cultivation, primarily the heart, like a safe-guard against disability of physical organs, allowing unitary movement of both individual as well as structural contents inside a survivable milieu. A way out of predicament regarding the subject of reciprocal modification for human and holistic aspects compromises with three implications on the part of persons, families and rules of law. Needs are disease eradication after adoption of preventive and curative measures, institutional care about cardiac patients through government and private levels, then encouragement to disabled by traditional counseling. For the endeavor health resumption, socio-cultural climax allied with national developments owing to focus people and surrounding periphery have a prospective gain because of unabatedly accomplished role foundations to be poured over fields of knowledge application. From the present researcher's viewpoint an equation has independently been deduced regarding a systemic transformation into modifying of the surrounding construct which suggests  $H + S + C^{\text{mechanism}}D$ , where H=Health (Concernedly cardiac), S=Society, C=Culture, D= Development and mechanism=Structural, functional traits. As societal march can culminate when mental and physical health of individuals thrive, existing social system remains harmonized and culture sustains by consistency in a trend of structure and function within surrounding constituent parts for allowing humanist manners proceed with coherence, calmness and control.

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